

Tips to Informal Caregivers on Giving Personal Care

To Shampoo in Bed

Shampoos may be given in bed with the person sitting up or lying on his back. Persons with heart or respiratory disease may need to have the head elevated. Shampoos improve appearance, increase circulation of the scalp and make the person feel better.

A trough is necessary to protect the bed and to direct the flow of water from the person's head into a bucket. A trough may be improvised from a shallow, rectangular plastic box. Cut a curved piece from one end and remove the other end. Pad the curved end with a cloth. The plastic box should be long enough to direct water into the bucket. The bed should be protected with newspaper and a plastic sheet. A trough may also be fashioned from six to eight layers of newspaper with the side edges rolled to the middle and covered with a 36" X 24" plastic sheet. It should be rolled to direct the water into the bucket of waste water.

Procedure:

- Check temperature of the room.
- Place towel around the shoulders.
- Place trough under the head with run-off into bucket on the floor.
- Apply sufficient water to wet the hair (a pitcher can be used).
- Work up a good lather, working from the front to back of the head.
- Rinse thoroughly.
- Work quickly so the person will not be chilled. Avoid drafts.
- Dry with a towel or hair dryer. Dry shampoo, available at cosmetic counters, may be used. Follow directions on the product. Spray or apply to small sections of the head and brush.

The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.